

Implementing the Natural Bowel Care Program® using Valley Flax Flour

This is the recommended procedure for introducing flax flour as a new food.

Although you will want to provide at least 2 Tbsp (15 g) of flax flour to realize the full benefit of the program, the first day you introduce flax flour to your resident population,

Start with 2 – 3 tsp.

Be prepared to monitor residents who receive flax flour for the first time.

Monitor residents for 2 potential effects at this stage:

1. Flax seed allergy: while there is low incidence of reported cases of allergic reaction to flax seed, allergic reaction has been reported in several people both in the literature and as a result of implementing this program. The reaction follows the common course of nausea and stomach cramping. There may also be some additional signs of anaphylaxis, including hives and inflammation. The great news is that there has never been a death reported as a result of flax seed allergy. In the unlikely event that allergic symptoms do occur, treat with an anti-histamine or other standard treatment tolerated by the affected individual. You may prefer to wait for minor symptoms to pass.

2. Fibre intolerance: people who start consuming a higher portion of fibre than normal may display symptoms of intolerance. These could include bloated feeling and gas. You can reduce the amount of flax flour you are providing a resident who demonstrates an intolerance. Increase very gradually over several days. You may prefer to continue with the higher level and monitor, depending on the individual. Symptoms should decrease over the next few days as the gut becomes more tolerant of the extra fibre.

When you are assured that the residents are tolerating the flax flour as a new food, you can feel comfortable increasing the amount flax flour you provide to the recommended level of at least 2 Tbsp (15 g) per day. You can also start adding flax flour to other foods throughout the day.

As easy as eating®